



Iced Tea I



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

BEVERAGE

DRINK

Ingredients



8 tea bags



7.5 cups water cold

Equipment

Directions



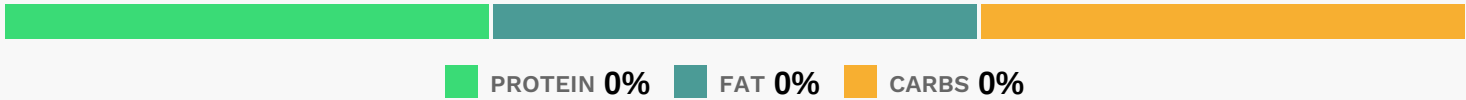
Put tea bags in a 2 quart pitcher.



Add hot water.

- ☐ Let sit at least 15 minutes.
- ☐ Add cold water and remove tea bags. refrigerate and serve over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.27347826180251%

Nutrients (% of daily need)

Calories: 0kcal (0%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 22.18mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.07mg (3.55%), Calcium: 13.31mg (1.33%), Magnesium: 4.44mg (1.11%)